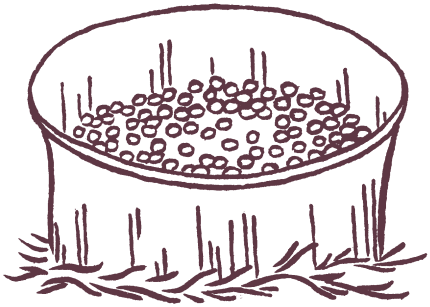
ᐆᒪᑏᑦ ᐃᒃᐱᒋᑦᓯᐊᕐᓗᒍ: ᐃᓄᐃᑦ ᐆᒪᑎᒥᖕᓂᒃ ᒥᐊᓂᖅᓯᑦᓯᐊᕋᓱᐊᓕᖅᑎᑕᐅᓇᓱᐊᕐᓂᖕᒋᑦ

Love Your Heart: Encouraging Healthy Inuit Hearts



ᐊᕐᓇᐃᑦ ᐃᓄᐃᑦ ᐋᓐᓂᐊᖅᓯᐅᖅᑎᓕᕆᓂᕐᒧᑦ ᑎᑎᕋᖅᓯᒪᔪᓕᐊᖕᒋᑦ

Inuit Women's Health Series

ᐅᖃᓕᒫᒐᖅ ᐱᖓᔪᐊ Book Three

ᐆᒻᒪᑏᑦ ᐃᒃᐱᒋᑦᓯᐊᕐᓗᒍ:
ᐃᓄᐃᑦ ᐆᒻᒪᑎᒥᖕᓂᒃ
ᒥᐊᓂᖅᓯᑦᓯᐊᕋᓱᐊᓕᖅᑎᑕᐅᓇᓱᐊᕐᓂᖏᑦ

ᐃᓕᑕᕆᔭᐅᔾᔪᑎᑦ
ᐸᐅᒃᑑᑎᒃᑯᑦ ᖁᔭᖕᓇᒦᑭᒪᔾᑦ
ᑐᑭᒧᐊᒃᑎᑦᓯᔾᐅᔾᔪᑎᒃ ᑲᑎᒪᔨᕋᓛᖑᔪᓂᒃ
ᑕᒪᒃᑯᓄᖓ ᐱᓕᕆᐊᖑᔪᓄᑦ ᑐᑭᒧᐊᒃᑎᑦᓯᔾᐅᔾᔪᓕᐅᕐᓂᖏᓐᓄᑦ ᐊᒻᒪᓗ ᓄᓇᓕᐅᔪᓂ ᐊᓐᓂᐊᖅᓯᐅᖅᑎᓕᕆᓂᕐᒧᓪᓗ ᖃᐅᔨᒋᐊᖅᑎᐅᔪᓂᒃ ᐅᖃᐅᓯᒃᓴᕆᔭᖕᓂᒃ ᐅᖃᓕᒫᒐᕋᓛᐊᖑᓯᒪᔪᓄᑦ ᑐᓂᓯᓯᒪᖃᑦᑕᓚᐅᕐᓂᖏᓐᓄᑦ.

2002ᖑᑎᓪᓗᒍ ᐊᕐᓇᐃᑦ ᐃᓄᐃᑦ
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ᐃᓱᒪᓂᓇᔭᖏᓐᓂᒃ
ᑕᑯᒃᓴᐅᑎᑦᓯᓯᒪᖏᑐᐃᓐᓇᕆᐊᖃᖅᓗᑎᒃ.
ISBN #1-894396-35-9

ᑕᒪᒃᑯᐊ ᒥᒃᓵᓄᑦ ᑐᓴᕆᐊᒃᑲᓂᑭᒪᔪᑦ
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Love Your Heart: Encouraging Healthy Inuit Hearts

Acknowledgements
Pauktuutit would like to thank the Steering Committee members who provided guidance for this project as well as all the community and medical reviewers who provided feedback on the draft booklets.

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Illustrator: Alootook Ipellie
Layout and Design: Earthlore Communications Inc.

Funding for this series was provided by the First Nations and Inuit Health Branch, Health Canada.

The opinions expressed in this resource are those of the author and do not necessarily reflect those of Health Canada.
ISBN #1-894396-35-9

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ᖃᓄᖅ ᑖᑉᑯᐊ ᐅᖃᓕᒫᒐᕋᓛᓕᐊᖕᒍᓯᒪᔪᑦ ᐅᑭᒻᓄᑦ ᐃᑲᔫᑕᐅᔪᖕᓇᖅᐸᑦ?

ᐅᖃᐅᓯᖃᖅᑐᑦ ᐃᓚᖏᓐᓂᒃ ᐆᒻᒪᑎᒃᑯᑦ ᐋᓐᓂᐊᕐᓇᖃᓕᑭᑕᐅᑭᒃᑐᓂᒃ ᐋᓐᓂᐊᕐᓇᖃᓕᖅᑕᐃᓕᒪᔾᔪᑕᐅᔪᖕᓇᖅᓗᑎᒃ. ᐃᓱᒪᓕᐅᑭᑎᖃᕐᓂᐊᖅᓗᑎᒡᓗ ᖃᓄᖅ ᐆᒻᒪᑎᒃᑯᑦ ᐋᓐᓂᐊᕐᓇᖃᓕᖅᑕᐃᓕᒪ-ᓂᓇᔪᖕᓇᖅᑕᕐᓄᑦ ᐊᒻᒪᓗ ᐆᒻᒪᓯᓇᑦᑕᐃᓕᒪᔾᔪᑎᒋᔪᖕᓇᖅᑕᕐᓄᑦ. ᐃᓱᒪᓕᐅᖅᓯᒪᓂᖃᕐᓂᐊᕐᒥᔪᑦ ᖃᓄᖅ ᐆᒻᒪᑎᑦ ᓇᖕᒥᓂᖅ ᓈᒻᒪᑦᓯᐊᖅᑎᓇᓱᐊ-ᕈᖕᓇᕋᔭᕐᒪᖔᕐᓂ.

ᖃᓄᖅ ᐃᓅᓯᖃᓕᕐᓂᓇᔭᐃᑉ ᒫᓇᐅᔪᖅ ᐊᒻᒪᓗ ᓯᕗᓂᐅᓂᐊᖅᑐᒥ ᐊᒃᑐᐃᓂᖃᓪᓚ-ᓇᒃᓯᒪᓂᐊᕐᒪᑦ ᐋᓐᓂᐊᖃᓕᖅᑕᐃᓕᒪᓂᓇᔭᕐᓄᑦ. ᑕᒪᓐᓗ ᐱᔾᔪᑎᒋᑉᓗᒍ ᐱᒻᒪᓇᐅᓗᐊᖅᐳᖅ ᐃᓱᒪᓕᐅᖅᓯᒪᓕᓇᐊᖃᕐᓂᐊᕐᓃᑦ ᐃᓅᓯᓇᔭᖅᐱᑦ ᖃᓄᐃᓕᖕᒐᓕᕐᓂᐊᕐᓂᖕᒐᓄᑦ. ᐊᐱᖅᑯᓯᒃᓴᓇᔭᓗᒃᑖᑎᑦ ᑐᑭᓯᓐᓇᑦᓯᐊᕐᓗᒋᑦ ᑭᐅᔭᐅᖃᑦᑕᓇᐊᖃᕐᓂᐊᖅᐳᑦ. ᓇᔭᓐᖕᒍᐊᕐᒥᒃ ᐃᓗᐊᖅᓴᐃᔾᒥᒃᑰᓐᓃᑦ ᑕᑯᔭᖅᑐᐃᒋᐊᕈᕕᑦ. ᐊᐱᖅᑯᓯᒃᓴᖃᑐᐊᕋᖕᒐᕕᑦ ᐋᓐᓂᐊᖃᓕᖅᑕ-ᐃᓕᒪᓂᖅᐱᑦ ᒥᒃᓵᓄᑦ ᐊᐱᖅᓯᓇᐊᒃᓴᒥᒃ ᐃᓕᕋᓱᒍᑎᖃᕐᑕᓐᖕᒋᓪᓗᑎᑦ. ᑭᐅᔭᑦᓯᐊᕋᓱᒋᓐᖕᒋᑦᓴᕋᖕᒐᕕᑦᓗ ᐊᐱᖅᑯᓯᒃᓴᓇᔭᕐᓄᑦ, ᐅᑭᒋᓐᓂᑦ ᑭᐅᔭᐅᔾᔪᑎᒋᔭᑎᑦ ᐃᓗᕐᓇᔾᔪᑎᒋᓐᖕᒋᒃᑯᕕᒋᑦ, ᐊᓯᐊᓄᑦ ᐊᐱᖅᑯᓯᓇᔪᖕᓇᖅᑕᑎᑦ. ᑖᑉᑯᐊ ᐅᖃᓕᒫᒐᕋᓛᓕᐊᖕᒍᓯᒪᔪᑦ ᐃᓱᐊᓂ, ᑎᑎᕐᕕᒃᓴᖅᑕᕐᖃᖅᐳᖅ ᓇᖕᒥᓂᖅ ᐃᓅᓯᓇᔭᕐᓂᒃ ᐊᒻᒪᓗ ᐃᓚᒋᔭᖅᐱᑦ ᐃᓅᓯᓇᔭᖕᒋᓐᓂᒃ ᓇᐅᑦᓯᖅᑐᑦᓯᐊᕋᓱᐊᕈ-ᑎᒋᔪᖕᓇᖅᑕᕐᓂᒃ.

What can this booklet do for me?

It tells about some preventable heart diseases. It will suggest some things that you can do now to help reduce your risks of developing heart disease and stroke. It will suggest how your heart can be as healthy as it can be.

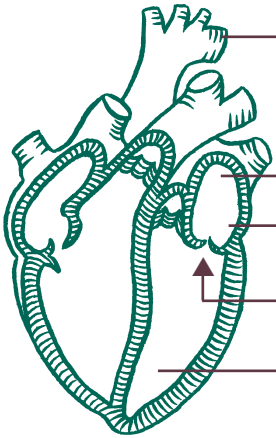
How you live your life today will directly affect your health now and later on. It is very important that you make healthy choices now. When you see your nurse or doctor, it is very important that all your questions are answered clearly. Do not be afraid to keep asking questions about your health. If you do not feel your questions have been answered, or are uncomfortable with answers, you can ask for a second opinion. At the end of this booklet, there is a checklist of actions you can take to look after your health and your family's health.

ᓯᓇᐅᖓᒪᑦ ᐆᒻᒪᑎ

ᐆᒻᒪᑎ ᑎᒥᐅᑉ ᐃᓗᐊᓂ ᓄᑭᐊᓘᖓᒪᑦ. ᐊᐅᖕᒥᒃ ᑎᒥᓗᒃᑖᒧᐊᖅᑎᑦᑎᓲᖓᒍᑉᓗᓂ ᑎᒃᓕᖅᑖᑎᒍᑦ. ᐆᒻᒪᑎ ᓯᑕᒪᐅᔪᓂᒃ ᑕᖃᕐᔪᐊᖃᖅᐳᖅ. ᖁᓪᓕᐅᔪᑦ ᑕᖃᕐᔪᐊᒃ

What is the heart?

The heart is a big muscle in the body. It pumps blood through the body. The heart is made up of four



ᑕᐃᔭᐅᔫᖓᑑᑦ ᐆᒻᒪᑎᐅᑉ ᓇᑉᐸᖓ ᖁᓪᓕᕐᒥᒃ (ᐊᑕᐅᓯᖅ ᖁᓪᓕᖅ ᑕᐃᔭᐅᑑᖅ ᐆᒻᒪᑎᐅᑉ ᓇᑉᐸᖓᓂᒃ). ᐊᑖᓃᑦᑐᓪᓕ ᑕᖃᕐᔪᐊᒃ ᑕᐃᔭᐅᑉᓗᑎᒃ ᐆᒻᒪᑎᐅᑉ ᓇᑉᐸᓕ ᐊᓪᓕᕐᓂᒃ. ᓯᒥᒃᑕᐅᑎᑕᖃᖅᓗᓂ ᒪᑐᐃᖃᑦᑕᖅᑐᓂᒃ. ᓯᒥᒃᑕᐅᑎᑕᖃᖅᐳᑦ ᖁᓪᓕᕐᒥ ᐊᒻᒪᓗ ᐊᑖᓂ ᑕᖃᕐᔪᐊᓄᑦ. ᒪᑐᐃᖃᑦᑕᖅᓗᑎᒃ ᐊᐅᖕᒥᒃ ᖁᓪᓕᕐᒥᑦ ᐊᑖᓃᑐᒧᐊᖅᓯᒋᐊᕌᖓᑦ, ᒪᑐᒃᑲᓂᖅᐸᒃᓗᑎᒃ ᐊᐅᒃ ᐅᑎᒃᑲᓂᕐᓂᐊᖏᒻᒪᑦ. ᓯᒥᒃᑕᐅᑎᑕᖃᓇᖅᑐᑦ ᑕᖃᕐᔪᐊᓂᑦ ᑕᖃᓄᑦ.

ᑕᖃᑎᒍᑦ ᐊᐅᒃ ᑎᒥᒃᑰᑭᑎᖃᖃᑦᑕᕐᒪᑦ. ᑕᖃᑦ ᐊᐅᖕᒥᒃ ᑎᒥᒥᑦ ᐆᒻᒪᑎᒧᐊᖅᐸᓪᓕᐊᑯᖓᒪᑦ. ᑕᖃᐃᑦ ᐊᐅᖕᒥᑦ ᑎᒥᒧᐊᖅᑎᓇᑯᓪᓕᐊᑯᒃᑐᑦ ᑕᐃᔭᐅᑯᒃᓗᑎᒃ ᑕᖃᕕᖕᓂᒃ.

ᒪᕐᕉᒃ ᑕᖃᕐᔪᐊᒃ ᑕᓕᖅᐱᐊᓂ ᐆᒪᑎᒥ ᐊᐅᖕᒥᒃ ᐳᑯᖕᓄᐊᖅᑎᓇᑯᖓᒪᑎᒃ. ᑕᒪᓐᓇ ᐊᐅᒃ ᐊᓂᕐᓂᒃᓴᒥᒃ ᐱᑉᓗᑎᒃ ᐊᒻᒪᓗ ᐊᑐᐊᓂᒃᓯᒪᔪᓂᒃ ᕿᒪᐃᑯᖓᒪᑦ ᑲᑎᖅᓯᐊᓇᑯᓪᓕᐊᓚᐅᖅᑕᒥᓂᒃ ᑎᒥᒃᑰᖅᐸᓪᓕᐊᑉᓗᓂ. ᑕᐃᒪᓗ ᐊᐅᒃ

chambers or spaces. The top chambers are called the atria (a single top chamber is called an atrium). The lower chambers are called ventricles. There are valves in the heart that act like doors. There are valves between the top chambers and the lower chambers. They open to allow blood to go from one chamber to the other, and close to stop blood from going back. There are also valves between the chambers and the blood vessels. Blood vessels are tubes through which the blood moves. Blood vessels that carry the blood to the heart are called veins. Blood vessels taking the blood away from the heart are called arteries.

The two right chambers of the heart pump the blood to the lungs.

ᐊᓂᕐᓂᒃᓴᒥᒃ ᓴᐅᒥᒃᓱᕐᒧᑦ ᑕᖃᕐᔪᐊᓄᑦ ᐆᒻᒪᑎᒧᐊᖅᓯᓪᓗᒃᐳᖅ ᑎᒥᒃᑰᖅᐸᓪᓕᐊᓂᐊᖅᑐᒥᒃ.

ᐆᒻᒪᑎᒥ ᐅᐊᔭᐃᔾᔪᑎᐅᔪᖅ ᐆᒻᒪᑎᒧᑦ ᐅᐊᔭᓪᓗᖅᑎᑦᓯᓲᖕᒍᖕᒪᑦ. ᐆᒻᒪᑎ ᐅᐊᔭᓪᓗᖅᑎᓪᓗᒍ ᑎᒃᓪᓗᖅᑖᖅᑕᖃᓪᓗᓂ. ᐅᐊᔭᐃᔾᔪᑎᑎᒍᑦ ᐱᒋᐊᕐᕕᐊᓲᖕᒍᕗᖅ ᐊᐅᑉ ᐃᔭᕈᐅᔭᖕᒋᓐᓂᒃ ᐆᒻᒪᑎᐅᑉ ᓇᑉᐸᖕᒐ ᖁᓪᓕᒥ. ᑕᒪᒃᑯᐊ ᐊᐅᑉ ᐃᔭᕈᐅᔭᖕᒋᑦ ᑕᐃᔭᐅᕙᒃᓗᒃ ᖁᓪᓕᖅ ᐊᐅᓚᔭᐃᔾᓂᒃ. ᖁᓪᓕᖅ ᐊᐅᓚᔭᐃᓯ ᐃᓛᓐᓂ ᐆᒻᒪᑎᒧᑦ ᐆᒻᒪᑎᒧᑦ ᑎᓪᓕᑖᖃᕈᑕᐅᕙᖕᓂᖕᒐᓂᒃ.

ᓱᓇᐅᖕᒪᑦ ᐆᒻᒪᑎᕐᓗᖕᓂᖅ?

ᐆᒻᒪᑎᓪᓗᖕᓂᖅ ᐆᒻᒪᑎᒃᑯᑦ ᐋᓐᓂᐊᕐᓇᖃᓪᓕᖅᓯᒪᓂᐅᖕᒪᑦ. ᐊᔾᔨᒌᓐᖕᒋᑦᑑᖕᒪᑕ ᐆᒻᒪᑎᒃᑯᑦ ᐋᓐᓂᐊᕐᓇᖃᓕᕈᑕᐅᕙᒃᑐᑦ ᐊᒃᑐᐃᓂᖃᕐᑕᖅᑐᓂᒃ ᐆᒻᒪᑎᐅᑉ ᓱᓇᕐᑯᑎᒋᔭᖕᒋᓂᒃ. ᐃᓚᖕᒋᑦ ᐃᕐᓂᐊᖕᒍᓲᖕᒍᖕᒪᑕ ᐆᒻᒪᑎᕐᓗᒃᐸᒋᔭᖅᓗᑎᒃ. ᐃᓚᖕᒋᓪᓗ ᐃᓄᐃᑦ ᐆᒻᒪᑎᕐᓗᖕᓂᖃᓪᓕᖅᐸᒃᓗᑎᒃ ᑭᖕᒍᓂᐊᓂ. ᒪᑯᐊ ᐆᒻᒪᑎᕐᓗᖕᓂᐅᕙᒃᑐᓄᑦ ᐃᓚᐅᕐᑦ:

ᐆᒻᒪᑎᒥ ᑕᖃᕐᓗᖕᓂ ᐋᓐᓂᐊᕐᓇᖅ – ᑕᒪᓇ ᐋᓐᓂᐊᕐᓇᖅ ᑕᖃᐃᑦ ᐊᐅᖕᒥᒃ ᐆᒻᒪᑎᒧᐊᖅᑎᓇᔾᔨᐅᕙᒃᑐᑦ ᖁᑭᒃᓚᓯᒪᓕᖅᐸᖕᒪᑕ ᐅᖅᓯᒐᓚᖃᕐᓂᕐᒥᑦ. ᑕᒪᓇ ᐅᖅᓯᒐᓚᐅᔪᖅ ᑕᐃᔭᐅᓲᖕᒍᕗᖅ ᐅᖅᓱᖅ ᑕᖃᐅᑉ ᐃᓗᐊᓂ ᐅᓂᐅᖅᑲᖅᐸᓪᓕᐊᓂᖕᒐᓂᒃ. ᑕᖃᒃ ᓯᒥᒃᓯᒪᓕᕐᖕᒐᑦ ᐆᒻᒪᓯᓇᓕᖅᐸᖕᒪᑕ ᐅᕝᕙᓘᓐᓃᑦ ᓄᑖᖅᑎᓪᓗᑎᒃ. ᐆᒻᒪᓯᓇᓕᖅᐸᖕᒪᑕ ᐊᐅᒃ ᐆᒻᒪᑎᒧᑦ ᑎᑭᑦᓯᖕᓇᐃᓕᓯᒪᓕᕐᖕᒐᑦ. ᓄᑖᖅᑎᑉᐸᖕᒪᑕᓕ ᐊᐅᒃ ᖃᓇᑕᕐᒧᑦ ᑎᑭᑦᓯᖕᓇᐃᓕᔭᕐᖕᒐᑦ ᐅᕝᕙᓘᓐᓃᑦ ᑕᖃᐃᑦ ᖃᕐᖕᒐᑕ ᖃᓇᑕᐅᑉ ᐃᓗᐊᓂ.

ᐅᐊᔭᐃᔾᔪᑎᕐᓗᖕᓂᖅ ᐋᓐᓂᐊᕐᓇᖅ – ᑕᒪᑐᒪᓂ ᐋᓐᓂᐊᕐᓇᖃᕐᓂᕐᒥ ᐅᐊᔭᐃᔾᔪᑎᓕᐅᕐᓂᓇᕝᕙᒃᑕᖕᒋᑦ ᐃᑎᖅᑭᓇᐊᑦ ᐊᐅᓚᔭᐃᔾᔨᖕᒋᑕ ᐊᔪᓕᖅᓯᒪᓕᖅᐸᓪᓕᓕᖅᑎᓪᓗᒋᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐱᑦᓯᐊᕈᖕᓂᖅᓯᒪᓕᖅᑎᓪᓗᒋᑦ. ᐆᒻᒪᑎᖕᒐᑕ ᐃᖕᒋᕐᕋᑦᓯᐊᕐᓂᖕᒐ ᐊᓯᔾᔨᖅᓯᒪᓕᖅᐸᒃᓗᓂ.

This blood picks up a fresh load of oxygen and leaves the waste gases it collected during the trip around the body. The blood full of oxygen then goes to the left chambers of the heart and is pumped around the body.

An electrical signal in the heart makes the heart pump. When the heart is pumping there is a heart-beat. The electrical signal begins in a group of cells in the right atrium. This group of cells is called the sinus node. The sinus node is sometimes called the pacemaker of the heart.

What is heart disease?

Heart disease is a sickness in the heart. There are many different kinds of heart diseases that affect different parts of the heart. Some people are born with heart disease. Some people develop heart disease. Following are some of the more common heart diseases:

Coronary artery disease – in this disease the arteries supplying the heart become smaller when fatty substances stick to the inside of them. This fatty substance is called atherosclerotic plaque. If the artery becomes blocked, it can cause a heart attack or stroke. Heart attacks happen when the blood cannot reach the heart. Stroke happens when the blood cannot reach a part of the brain or the blood vessels in the brain break.

ᓯᒥᒃᑕᐅᑎᕐᓗᖕᓂᖅ ᐋᓐᓂᐊᕐᓇᖅ – ᑕᒪᑐᒪᓂ ᐋᓐᓂᐊᕐᓇᖃᕐᓂᕐᒥ ᐊᑕᐅᓯᖅ ᐊᒥᓲᓂᖅᓴᐃᓪᓗᓐᓃᑦ ᓯᒥᒃᑕᐅᑎᑦ ᐆᒪᒪᑎᒥ ᐃᓕᖅᑯᓯᒃᓴᕋᓱᐊᒥᖕᓂᒃ ᐃᓕᖅᑯᓯᖃᖕᒋᓕᖅᐸᖕᒪᑕ.

ᐆᒪᒪᑎᐅᑉ ᓄᑭᕐᓗᓕᕐᓂᖕᒐᓄᑦ ᐋᓐᓂᐊᕐᓇᖅ – ᑕᒪᑐᒪᓂ ᐋᓐᓂᐊᕐᓇᖃᕐᓂᕐᒥ ᐆᒪᒪᑎ ᓄᑭᕐᓗᓕᖅᓯᒪᕝᖕᒪᑦ.

ᐆᒪᒪᑎᕐᓗᓕᕈᖕᓇᖅᐳᖕᒐ?

ᑭᓇᑐᐃᓐᓇᖅ ᐆᒪᒪᑎᕐᓗᓕᕈᖕᓇᕐᒪᑦ. ᒫᓐᓇᐅᑎᑦᓗᒍ, ᐃᓄᐃᑦ ᐆᒪᒪᑎᕐᓗᓕᕋᔪᓐᖕᒋᓐᓂᖅᓴᐅᕗᑦ ᐊᓯᒥᖕᓂᑦ ᑲᓇᑕᒥᐅᑕᐅᔪᓂᑦ. ᐃᓱᒪᒋᔭᐅᕗᖅ ᐅᖅᓯᐃᑦ ᒪᒃᑖᓂ, ᓇᑦᓲᑦ ᐅᖅᓯᖕᒋᓂ ᐊᒻᒪᓗ ᐃᖃᓗᖕᓂ ᐃᓄᖕᓄᑦ ᐆᒪᒪᑎᕐᓗᓕᖅᑕᐃᓕᒪᑦᔪᑕᐅᓇᓱᒋᔭᐅᑉᓗᑎᒃ.

Arrhythmias – in this disease the electrical signal produced by the sinus node begins to fail or to go wrong. The heart beat is not regular.

Valve disorders – in this disease one or more of the valves in the heart does not work the way it is supposed to.

Heart muscle disease – in this disease the heart muscle becomes sick.

Can I get heart disease?

Anyone can get heart disease. Right now, heart disease is less common among Inuit than in the overall Canadian population. It is thought that the special fats found in blubber, seal oil and fish may be protecting Inuit from heart disease.

ᓱᓇᑦ ᐱᔾᔪᑎᒋᓗᒋᑦ ᐆᒻᒪᑎᕐᓗᓕᕈᑎᒋᔪᖕᓇᖅᐱᒃᑲ?

ᐅᑯᐊ ᐃᓚᖏᑦ ᐆᒻᒪᑎᕐᓗᓕᕈᑎᒋᔪᖕᓇᖅᐸᑎ:

- ᓯᒡᒐᓛᖅᑐᖃᑦᑕᕐᓂᖅ
- ᐱᖃᐃᓕᓴᖃᑦᑕᖏᓗᐊᕐᓂᖅ ᐅᑭᑭᓘᓐᓃᑦ ᐊᓯᐊᒍᑦ ᐱᖃᐃᓕᓴᖃᑦᑕᓐᖏᓗᐊᕐᓂᖅ
- ᖁᐃᓂᓗᐊᕐᓂᖅ
- ᐊᐅᑉ ᖁᒡᑭᖅᓯᓗᐊᕐᓂᖓ
- ᐃᒡᓇᐅᑦ ᑭᓂᖅᑎᒍᑦ ᖁᑦᓯᒃᓯᓯᒪ-ᓗᐊᓕᖅᐸᑦ (ᐊᐅᖕᒥ ᐅᖅᓯᖃᓗᐊᓕᖅᐸᑦ)
- ᑎᒥ ᓱᖃᖃᓗᐊᓕᖅᓯᒪᒃᐸᑦ
- ᐃᓚᖃᕈᕕᑦ ᐆᒻᒪᑎᕐᓗᒃᑐᒥᒃ

ᑕᒪᒃᑯᐊ ᐊᑐᓂ ᓇᓗᓇᐃᔭᖅᑕᐅᓯᒪᔾᑦ ᑖᑉᑯᐊ ᐊᑖᓂ.

ᖃᓄᕐᓕ ᐆᒻᒪᑎᕐᓗᓕᖅᑕ-ᐃᓕᒪᔪᖕᓇᖅᐱᒃ?

ᐊᓯᖏᑦ ᐊᓯᔾᔨᖅᑕᐅᔪᖕᓇᓐᖏᒻᒪᑕ ᐆᒻᒪᑎᕐᓗᓕᖅᑕᐃᓕᒪᔾᔪᑎᒃᓴᑦ ᓱᕐᓗ ᐃᓚᖃᕈᕕᑦ ᐆᒻᒪᑎᕐᓗᒃᓗᓂ ᐊᓐᓂᐊᕐᓇᖃᖅᑐᒥᒃ. ᐊᓯᖏᓐᓕᑉᑕᐅᖅ ᐊᓯᔾᔨᓇᐊᖅᑎᓯᒪᓕᕈᖕᓇᕋᓗᐊᖅᑕᑎᑦ. ᓯᕗᓂᐅᓂᐊᖅᑐᒧᑦ ᐃᓅᓯᓇᓂᐊᖅᑕᕐᓄᑦ ᐸᕐᓇᒃᓯᒪᑭᑦᓯᐊᕋᓱᒡᓗᑎᑦ ᐊᒻᒪᓗ ᐃᓅᓯᓇᔭᐃᑦ ᓈᒻᒪᑦᓯᐊᕋᓱᐊᖅᑎᑦᓗᒍ, ᐆᒻᒪᑎᕐᓗᓕᑐᐃᓐᓇᓇᐊᖃᕐᓃᑦ ᒥᒃᓕᑉᓕᖅᑎᒋᐊᕈᖕᓇᕋᖕᓂ. ᓯᒡᒐᓛᖅᑐᖃᑦᑕᓕᖅᑕᐃᓕᔪᖕᓇᖅᑐᑎᑦ. ᐱᖃᐃᓕᓴᖃᑦᑕᕈᖕᓇᖅᐳᑎᑦ ᐊᒻᒪᓗ ᐊᓯᖏᑎᒍᑦ ᐱᖃᐃᓕᓴᖃᑦᑕᕐᓗᑎᑦ. ᓂᕿᒋᑭᒃᑕᑎᑦ ᐱᐅᓯᒋᐊᖅᑎᖕᓇᓱᒡᓗᒋᑦ ᐊᒻᒪᓗ ᐱᐊᕋᐃᑦ ᒪᒃᑯᒃᑐᐃᓪᓗ ᓈᒻᒪᑦᓯᐊᖅᑐᓂᒃ ᓂᕿᖃᖃᑦᑕᓕᕐᑯᓗᒋᑦ.

ᖃᓄᖅ ᓯᒡᒐᓛᖅᑐᖃᑦᑕᕐᓂᖅ ᐆᒻᒪᑎᒻᓂᒃ ᐊᒃᑐᐃᓂᖃᖅᐸᒃᐸ?

ᐆᒻᒪᑎ ᐊᒃᓯᕈᖕᓂᖅᓴᐅᓲᖕᒍᖕᒪᑦ ᓯᒡᒐᓛᖅᑐᓲᓂ. ᓯᒡᒐᓛᖅᑐᖃᑦᑕᕐᓂᖅ ᐊᐅᖕᒥ ᐊᓂᕐᓂᒃᓴᒥᒃ ᒥᒃᓕᒋᐊᖅᑎᑦᓯᓯᒪᓲᖕᒍᖕᒪᑦ ᐆᒻᒪᑎᒧᐊᖅᐸᓪᓕᐊᔪᒥᒃ. ᑕᐃᒪᓗ ᐆᒻᒪᑎ ᐊᓂᕐᓂᒃᓴᒥᒃ ᐊᒃᓯᕈᕐᓂᖅᓴᐅᓗᓂ ᐱᓯᒪᓕᕋᓯᐊᓇᓕ-

What things can cause me to get heart disease?

These are some of the things that can cause you to get heart disease:

- Smoking
- Not enough exercise or physical activity
- Being overweight
- High blood pressure
- High cholesterol (fat in blood)
- Diabetes
- Having a family member with heart disease

They are each described below.

How can I prevent heart disease?

There are some things that you cannot change such as having a family member with heart disease. There are other things that you can change. By planning ahead and having a healthy lifestyle, you can lower your risks of getting heart disease. You can choose not to smoke. You can exercise and do physical activity regularly. You can improve your eating habits and

ᐊᖃᖅᐸᒃᓗᓂ. ᐆᒻᒪᑎ ᐊᓂᕐᓂᒃᓴᒥᒃ ᐱᑕᖃᑦᑕᕆᐊᖃᕐᒪᑦ ᐊᐅᖕᒥᒃ ᑎᒥᒧᐊᖅᑎᕆᔾᔪᑎᒃᓴᕆᓂᐊᖅᑕᒥᓂᒃ.

ᓯᒡᒐᓛᖅᑐᖃᑦᑕᕐᓂᖅᓴᐅᑦ ᑕᖃᐃᑦ ᕐᑰᑐᓂᖏᓐᓂᒃ ᒥᒃᓛᒋᐊᖅᑎᑦᓯᓯᒪᓕᓐᓲᖕᒍᒋᕗᖅ. ᑕᖃᐃᑦ ᕐᑰᑐᓂᖏ ᒥᒃᓛᒋᐊᖅᓯᒪᓕᕌᖓᑕ, ᐆᒻᒪᑎ ᐊᒃᓯᕈᓗᐊᓕᕆᐊᖃᑦᑕᕐᒪᑦ ᐊᐅᖕᒥᒃ ᑎᒥᒧᐊᖅᑎᕆᔾᔪᑎᒃᓴᒥᓂᒃ. ᑕᒪᓐᓇᓗ ᐱᔾᔪᑎᒋᑉᓗᒍ ᐊᐅᑉ ᕐᑯᒡᓕᖅᓯᓗᐊᓕᖅᓯᒪᓕᕈᖕᓇᖅᐳᖅ.

ᓯᒡᒐᓛᖅᑐᖃᑦᑕᕐᓂᖅ ᑕᖃᑎᑉ ᐃᓗᐊᓂ ᐅᖅᓯᖃᓕᖅᑎᑦᓯᔾᔪᑕᐅᓕᖕᒪᑦ. ᑕᒪᓐᓇᓗ ᐊᐅᒻᒧᑦ ᕐᑯᒡᓕᓯᓗᐊᓕᖅᑎᑦᓯᔾᔪᑕᐅᔪᖕᓇᖅᓗᓂ ᐊᒻᒪᓗ ᑕᖃᐃᑦ ᓯᒥᒃᓯᒪᓕᕈᖕᓇᖅᓗᑎᒃ. ᓯᒡᒐᓛᖅᑎᓲᖕᒍᔪᑦ ᐆᒻᒪᑎᕐᓗᓕᕈᖕᓇᕐᓂᖏᑦ ᐊᒻᒪᓗ ᓄᑖᖅᑎᕈᖕᓇᕐᓂᖏᑦ ᕐᑯᒡᓕᓯᖕᓂᖅᓴᐅᓕᒃᐳᑦ.

ᓲᕐᓕ ᐱᖃᐃᓕᓴᖃᑦᑕᕆᐊᖃᕐᓂᖏᑦ ᐊᒻᒪᓗ ᐊᓯᐊᑎᒍᑦ ᐱᖃᐃᓕᓴᖃᑦᑕᕆᐊᖃᕐᓃᑦ ᐱᒻᒪᕆᐅᓗᐊᖅᐸᑦ?

ᑎᒦᑦ ᐱᖃᐃᓕᓴᖃᑦᑕᕐᓗᒍ ᐊᒻᒪᓗ ᐊᓯᐊᑎᒍᑦ ᐱᖃᐃᓕᓴᖃᑦᑕᕐᓂᑎᑦ ᐊᐅᖕᒍᑦ ᐅᖅᓯᖃᕐᓂᐅᔪᑦ ᐊᒻᒪᓗ ᐊᐅᑉ ᐃᖏᕐᕋᓂᖏᓂᒃ ᓈᒻᒪᑦᓯᐊᕈᑕᐅᓕᖕᒪᑕ. ᐃᓅᓯᕐᓂ ᐊᒃᓯᕈᓗᐊᖏᓐᓂᖅᓴᐅᔾᔪᑎᒋᔪᖕᓇᕐᖕᓂ ᐊᒻᒪᓗ ᓈᒻᒪᑦᓯᐊᕐᓂᖅᓴᒥᒃ ᐅᕐᑯᒪᐃᓐᓂᖃᓕᕈᑎᒋᔪᖕᓇᖅᓗᒍ. ᐱᖃᐃᓕᓴᖃᑦᑕᕐᓂᖅ ᐊᒻᒪᓗ ᐊᓯᐊᑎᒍᑦ

encourage children and youth to make healthy choices.

What does smoking do to my heart?

The heart works harder in people who smoke. Smoking lowers the amount of oxygen in the blood going to the heart. The heart has to work harder to get enough oxygen. The heart needs oxygen to be able to pump blood around the body.

Smoking also causes the blood vessels to become smaller. When the blood vessels are smaller, the heart has to work harder to pump the blood through the body. This can cause high blood pressure.

Smoking causes plaque (fatty substances) to stick inside the walls of the blood vessels. This also can cause high blood pressure and

ᐱᖃᐃᓕᓴᖅᑕᕐᓃᑦ ᖁᕕᐊᓇᓯᐊᖅᑑᖕᔪᓐᓇᒪᑕ ᐊᒻᒪᓗ ᑕᒪᐃᓐᓂᑦ ᐃᓚᒋᖕᒍᔪᓂᑦ ᖃᓄᐃᓕᐅᕆᐊᖅᓯᒪᔾᔪᑕᐅᖃᑦᑕᕈᖕᓇᖅᓗᑎᒃ. ᐆᒻᒪᑎᖕᓂᒃ ᓴᓐᖏᒃᑎᑦᓯᒋᐊᖅᓯᒪᓕᕋᔭᕐᓂᖅ ᑐᓐᖓᒋᕕᖃᓗᐊᖅᒪᑦ ᐱᖃᐃᓕᓴᖅᑕᕐᓂᕐᓄᑦ ᐅᓐᓱᓗᓐᓂᑦ ᐊᓯᐊᑎᒍᑦ ᐱᖃᐃᓕᓴᖅᑕᕐᓂᓇᔭᕐᓄᑦ.

ᓱᓇᐅᖕᒪᕐᓗ ᖁᐃᓂᓗᐊᕐᓂᖅ?

ᖁᐃᓂᓗᐊᓕᖅᐸᖕᒪᑕ ᐃᓄᐃᑦ ᑎᒥᖕᒋᑦ ᐅᖅᓯᖃᓇᐊᖃᕐᓂᖕᒋᑕ ᐅᖓᑖᓄᐊᖅᓯᒪᓗᐊᓕᕐᖓᑦ. ᐅᖅᓯᖃᓗᐊᓕᖅᓯᒪᓂᖅ ᑎᒥᒥ ᐋᓐᓂᐊᖃᓕᕈᑕᐅᔪᖕᓇᕐᒪᑕ. ᐃᓚᖕᒋᑦ ᐋᓐᓂᐊᕐᓇᓇᔭᐅᓕᕈᖕᓇᖅᑐᑦ ᐃᓚᖃᖅᐳᑦ ᑎᒥᐅᑉ ᓱᖃᖃᓗᐊᓕᖅᓯᒪᓂᖕᒐᓂᒃ, ᐆᒻᒪᑎᕐᓗᓕᕐᓂᕐᒥᒃ, ᐊᐅᑉ ᖁᒡᓕᓯᓗᐊᓕᖅᓯᒪᓂᖕᒐᓂᒃ, ᓄᑖᖅᑎᕐᓂᕐᓂᒃ ᐊᒻᒪᓗ ᑎᒥᐅᑦ ᐆᒪᔾᔪᑎᖕᒋᑦ ᐃᓚᖅᑯᓯᖅᓯᕈᖕᓂᕐᓗᑎᒃ ᐋᓐᓂᐊᕐᓇᖃᓕᕐᓂᕐᒥᒃ. ᓇᔭᓐᖕᒍᐊᑦ ᐃᓗᐊᖅᓴᐃᔨᓐᓂᑦ ᐊᐱᓇᓯᒪᓕᓇᐊᖃᖅᐸᐃᑦ ᑕᑭᓂᓇᔭᐃᑦ ᒪᓕᒃᓗᒍ ᖃᓄᖅ ᐅᕐᖁᒪᐃᑎᒋᔪᒃᓴᐅᓗᐊᓇᐊᒃᓴᕐᓂᒃ.

ᐱᑕᕐᖃᓇᕗᖅ ᖁᐃᓂᓗᐊᓕᖅᓯᒪᔾᔪᑕᐅᔪᖕᓇᖅᑐᓂᒃ ᐊᓯᔾᔨᖅᑕᐅᔪᖕᓇᖕᒋᓪᓗᑎᒃ. ᐃᓚᒋᔭᖃᕈᕕᑦ ᖁᐃᓂᓗᐊᖅᑐᓂᒃ, ᖁᐃᓂᓗᐊᓕᕈᖕᓇᕐᓃᑦ ᖁᒡᓕᓯᖕᓂᖅᓴᐅᓇᔭᕐᒪᑦ. ᐃᓛᓐᓂᓗ ᐋᓐᓂᐊᕐᓂᖅ ᐱᔾᔪᑎᒋᑉᓗᒍ ᖁᐃᓂᓗᐊᓕᕈᖕᓇᕐᒥᖕᒪᑕ.

ᐊᓯᖕᒋᓐᓂᒃᑕᐅᖅ ᐱᔾᔪᑎᖃᖅᓗᑎᒃ ᖁᐃᓂᓗᐊᓕᖅᓯᒪᓂᐅᔪᑦ ᐊᓯᔾᔨᖅᑕᐅᔪᖕᓇᖅᑐᓂᒃ ᐱᑕᖃᓇᕗᖅ. ᑎᒥ ᐆᒪᕐᖁᑎᑖᖕᒍᖕᒐᒪᑦ ᐊᒻᒪᓗ ᓈᒻᒪᑦᓯᐊᕈᑎᑖᖕᒍᖕᒍᑉᓗᓂ ᓂᕿᒋᔭᐅᖃᑦᑕᖅᑐᓂᑦ. ᑎᒥ ᐱᖃᐃᓕᓴᕋᔪᒃᑑᒍᓂ, ᐊᖏᓂᖅᓴᐅᔪᒥᒃ ᐆᒪᕐᖁᑎᖃᓇᐊᖃᓕᕋᔭᕐᒪᑦ ᐊᒻᒪᓗ ᑕᐃᒪᓕ ᐃᓄᒃ ᓂᓇᒐᔪᖕᓂᖅᓴᐅᔭᓇᐊᖃᓕᕋᔭᖅᓗᓂ. ᑎᒥ ᐱᖃᐃᓕᓴᕋᔪᖕᒋᓐᓂᖅᓴᐅᒍᒥ ᐆᒪᕐᖁᑎᒃᓴᖃᓗᐊᓇᐊᖃᕋᔭᖕᒋᕐᖓᖅ ᑕᐃᒪᓗ ᓂᓇᒐᔪᒋᐊᖃᕋᔭᕐᓂ. ᐃᓛᓐᓂᓗ ᐃᓄᐃᑦ ᓂᓇᓗᐊᕐᓂᖅᓴᐅᓲᖕᒍᑉᓗᑎᒃ ᑎᒥᖕᒋᑕ ᐱᔭᓇᐊᖃᕐᓂᓇᔭᖕᒋᑕ ᐅᖓᑖᓄᑦ. ᑕᐃᒪᓐᓇᓗ ᖁᐃᒃᑎᓗᐊᕈᑕᐅᓯᒪᓕᕈᖕᓇᖅᓗᓂ.

ᖁᐃᒃᑎᓗᐊᖅᑕᐃᓕᒪᔪᖕᓇᖅᐳᑦ ᓂᕿᑦᓯᐊᕐᐅᓂᖅᓴᓂᒃ ᓂᕿᖃᖃᑦᑕᖕᒐᕐᓗᑎᒃ it can cause the blood vessels to be blocked. People who smoke have a greater possibility of getting heart disease or stroke.

Why is exercise and physical activity so important?

Exercising your body and doing physical activities helps keep blood cholesterol levels and blood pressure normal. It helps you feel less stressed and it can help you keep a healthy body weight. Exercise and physical activity can be fun and it can involve the whole family. Making your heart stronger depends on what exercise or physical activity you do.

What is obesity?

Obesity is when a person has a lot more body fat than their body needs. The extra fat in the body can cause some serious medical conditions. Some of these conditions include diabetes, heart disease, high blood pressure, stroke and cancer. You should ask your nurse or doctor what your healthy weight range is for your height.

There are some reasons for obesity that cannot be changed. If family members are obese, the possibility of being obese is higher. Sometimes obesity is caused by a sickness.

There are other reasons for obesity that can be changed. The body

ᐊᒻᒪᓗ ᐅᖅᓯᖃᓗᐊᓐᖏᑦᑐᓂᒃ ᐊᒻᒪᓗ ᐱᖃᐃᓕᓴᕋᔪᖕᓂᖅᓴᐅᓇᓱᐊᕐᓗᑎᒃ. ᓂᕿᓕᐊᖕᒍᓯᒪᔪᑦ ᓂᕿᑦᓯᐊᕙᐅᓐᖏᑦᑐᑦ ᐃᓚᖃᖅᐳᑦ ᒪᑯᓂᖕᒐ; ᑯᑯᐃᑦ, ᐃᒥᒐᐃᑦ, ᐸᑕᐃᑐ ᓯᐸᕐ ᐊᒻᒪᓗ ᐊᓯᖏᑦ ᒪᒪᖅᑐᓕᐊᖕᒍᓯᒪᔪᑦ. ᐃᓛᓐᓂᓗᑉᑕᐅᖅ ᐃᓚᖏᑦ ᐃᓄᐃᑦ ᓂᕆᓲᖕᒍᖕᒪᑕ ᒃᑲᖏᒃᑲᓗᐊᖅᓗᑎᒃ ᖁᕕᐊᓯᓐᖏᓕᕋᖕᒪᒥᒃ, ᓂᓐᖕᒐᒃᓯᒪᓕᕋᖕᒪᒥᒃ, ᐃᕿᐊᓐᖕᒍᖅᓯᒪᓕᕋᖕᒪᒥᒃ ᐅᓐᓕᓗᓐᓃᑦ ᐊᒃᓯᕈᓗᐊᓕᖅᓯᒪᓕᕋᖕᒪᒥᒃ. ᑕᒪᒃᑯᓂᖕᒐ ᐅᔾᔭᕈᓯᓕᕐᓗᑎ ᐊᐅᓚᑦᓯᖕᒐᓇᐊᓕᕈᖕᓇᖅᐳᑎᑦ ᒪᒪᖅᑐᑐᐃᓐᓇᓂᒃ ᓂᕿᖃᖃᑦᑕᕐᓂᓇᔭᕐᓂᒃ.

ᓱᓇᐅᖕᒪᑦ ᐊᐅᑉ ᖁᒡᓕᖅᓯᓗᐊᓕᖅᓯᒪᓂᖕᒐ?

ᐊᐅᑉ ᖁᒡᓕᖅᓯᓗᐊᓕᖅᓯᒪᓂᖕᒐ ᖃᐅᔨᓴᖅᑕᐅᓕᒃᐳᖅ ᖃᓄᖅ ᓴᓐᖕᒋᑎᒋᔪᒥᒃ ᑕᖃᑎᒍᖃᑦᑕᕐᓂᖕᒐᓂ. ᑕᖃᑎᒍᑦ ᓴᓐᖕᒋᒃᑎᓯᒪᓗᐊᕐᓂᖕᒐ ᖁᒡᓕᓯᓗᐊᓕᖅ-ᓯᒪᑎᓪᓗᒍ, ᑕᐃᔭᐅᓕᒃᐳᖅ ᐊᐅᑉ ᖁᒡᓕᓯᓗᐊᓕᖅᓯᒪᓂᖕᒐᓂᒃ.

ᐊᐅᑉ ᖁᒡᓕᖅᓯᓯᒪᓗᐊᓕᕐᓂᖕᒐ ᑎᒥᒧᑦ ᖃᓄᐃᓕᖕᒐᓕᕈᑕᐅᔪᖕᓇᕐᒪᑦ. ᐆᒡᒪᑎᒥᒡᓗ ᐊᒃᓯᕈᓗᐊᓕᖅᑎᑦᓯᓯᒪᔪᖕᓇᖅᓗᓂ. ᑕᖃᖕᓂᒃ ᖃᓇᑕᕐᓄᐊᖅᐸᓪᓕᐊᔪᓂᒃ ᒥᒃᓱᒋᐊᖅᑎᑦᓯᓯᒪᓕᕈᖕᓇᕐᒪᑦ (ᖁᒧᑦᑑᓕᖅᑎᑦᓯᔪᖕᓇᕐᒪᑦ). ᑕᖅᑐᖕᓂᒡᓗ ᖃᓄᐃᓕᖕᒐᓕᖅᑎᑦᓯᔪᖕᓇᖅᓗᓂ. ᑕᖃᑎᓪᓗ ᓯᑎᒃᑎᑉᐸᓪᓕᐊᕋᓕᓯᐊᓕᕈᖕᓇᖅᓗᑎᒃ. ᐊᐅᑉ ᖁᒡᓕᖅᓯᓗᐊᓕᖅᓯᒪᓂᖕᒐ ᑎᒥᒥᒃ ᖃᓄᐃᓕᖕᒐᓕᖅᑎᑦᓯᔪᖕᓇᕋᓗᐊᖅᑎᓪᓗᒍ

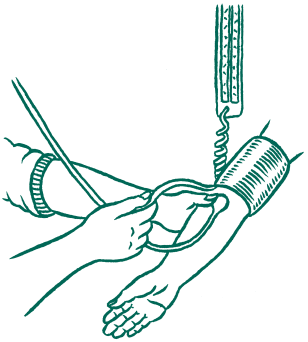
gets energy and nutrients from the food that is eaten. If the body is very active physically, it will need more energy and so the person needs to eat more food. If the body is not that active it needs less energy and that means less food. Sometimes people eat more food than their body needs. This can cause obesity.

The possibility of becoming obese can be lowered by eating nutritious and low fat foods and by doing physical activity regularly. Foods that are not nutritious include chocolates, pops, chips and other junk food. Sometimes people eat food even when they are not hungry as a way of feeling better when they are sad, angry, bored or stressed. By recognizing this and taking control, you can lower the amount of junk food you eat.

What is high blood pressure?

Blood pressure is the measure of the pressure or force of the blood

against the walls of the blood vessels. When the pressure against the walls of the blood vessels is high, it is called high blood pressure or hypertension.
High blood pressure can hurt the body. It can make the heart work harder. It can make the blood vessels to the brain smaller. It can hurt the kidneys. The arteries can become harder faster. Even though high blood pressure hurts the body there are no symptoms. The only way to find out if you have high blood pressure is to get it measured regularly. One high reading does not mean you have high blood pressure. It means that you will have to be measured again at a different time.



Children or adults can have high blood pressure. High blood pressure is more common to people who live with a lot of stress, have diabetes, smoke, are obese, or are older. There are drugs that can lower high blood pressure.

If you have to take pills to lower your blood pressure, it is also a good idea to change your lifestyle. Stop smoking. Eat healthier foods with less fat and salt. Drink less alcohol. Exercise and do physical

ᐋᖅᑕᐅᓐᓂᐊᕈᑕᐅᓕᖅᑕᕐᓂᖓ
ᖃᐅᔨᓴᐅᑲᐅᑎᒋᔪᖕᓇᖏᓚᖅ.
ᐊᑕᐅᓯᐊᑐᐃᓐᓇᕐᓗᑎᑦ ᖃᐅᔨᓴᖅᑕᑎᕐᓗᑎᑦ
ᖁᓪᓚᓯᒃᓯᒪᓂᖅᑲᓚᐅᖅᐸᑦ ᑐᑭᖃᓕᕋᔭᖕᒋᒻᒪᑦ
ᐊᐅᑉ ᖁᓪᓚᓯᖅᓯᓯᒪᓕᕐᓂᐊᓂᒃ ᐱᖃᓕᕋᕕᑦ.
ᑐᑭᖃᑐᐃᓐᓇᕋᔭᕐᒪᕐᓕ ᖃᐅᔨᓴᖅᑕᐅᒃᑲᓐᓂ-
ᓇᐊᖃᕋᔭᕋᕕᑦ ᐅᑦᑕᓯᐊᕈᒃᑲᓐᓂᖅ.

ᐱᐊᕋᐃᑦ ᐃᓐᓇᐃᓪᓗ ᐊᐅᖏᑦ
ᖁᓪᓚᖅᓯᓯᒪᓗᐊᓕᕈᖕᓇᕐᒪᑕ. ᐊᐅᑉ
ᖁᓪᓚᖅᓯᓗᐊᓕᖅᓯᒪᓂᖓ ᑕᐃᒪᓐᓇᐃᓕᖅ-
ᐸᖕᒪᑦ ᐃᓄᖕᓂ ᐊᒃᓯᕈᑎᖃᓗᐊᖅᑐᓂ,
ᑎᒥᖕᒋᑦ ᓱᖃᓗᐊᓕᖅᓯᒪᔪᓂ,
ᓯᒡᒐᓖᖅᑐᖅᐸᒃᑐᓂ, ᖁᐃᓂᓗᐊᖅᓗᑎᒃ,
ᐅᑦᑕᓘᓐᓃᑦ
ᐃᓄᑐᖃᐅᓂᖅᓴᐅᔪᓂ.
ᐃᓗᐊᖅᓴᐅᑎᑕᖃᐅᕐᒪᑦ
ᐋᔭᒐᕐᓂᒃ ᐊᐅᑉ
ᖁᓪᓚᓯᓗᐊᓕᖅᓯᒪᓂᐊᓄᑦ
ᐋᖅᑭᒋᐊᕈᑕᐅᓯᒪ-
ᔪᖕᓇᖅᑐᓂᒃ.

ᐋᔭᒐᖃᑦᑕᓇᐊᖃᕈᕕᑦ ᐊᐅᑦ
ᖁᓪᓚᓯᓗᐊᓕᖅᓯᒪᓂᖓ
ᐊᒻᒪᒋᐊᖅᑎᑕᐅᓯᒪ-
ᔾᔪᑎᒃᓴᖕᒋᓂᒃ,
ᓈᒻᒪᑦᓯᐊᕋᔭᖅᐳᕐᓕ ᐃᓄᓯᓇᔭᐃᑦ
ᐊᓯᔾᔨᓇᐊᖅᓯᒪᓕᕋᔭᕈᖕᓂ.
ᓯᒡᒐᓖᖅᑐᖃᑦᑕᕐᓂᕐᓂᒃ ᓄᖅᑲᐅᔾᔨᓯᒪᓕᕐᓗᑎᑦ.
ᓂᕈᑦᑎᐊᑦᐅᓂᖅᓴᓂᒃ ᐅᖅᓯᖃᓗᐊᖕᒋᑦᑐᓂᒃ
ᑕᓇᐅᖃᓗᐊᓐᖕᒋᑦᑐᓂᒡᓗ ᓂᕈᖃᖃᑦᑕ-
ᓕᕐᓗᑎᑦ. ᐃᒥᐊᓗᓗᐊᖃᑦᑕᕈᖕᓃᕐᓗᑎᑦ.
ᐱᖃᐃᓕᓴᖃᑦᑕᕐᓗᑎᑦ ᐊᒻᒪᓗ ᐊᓯᐊᒍᑦ
ᐱᖃᐃᓕᓴᕐᓂᖃᖃᑦᑕᕐᓗᑎᑦ. ᓄᖅᑲᖕᒐᕐᔪᒥ-
ᓂᖅᓴᐅᒋᐊᖃᑦᑕᕐᓗᑎᑦ. ᐊᒃᓯᕈᓕᖅᓯᒪᔾᔪᑎ-
ᒋᔭᑎᑦ ᐃᓄᓯᕐᓂ ᒥᒃᓕᒋᐊᖅᑎᖃᑦᑕ-
ᕈᖕᓇᖅᐸᑎᑦ ᐃᔪᕋᓕᖃᑦᑕᕐᓂᖅᓴᐅᓕᕐᓗᑎᑦ
ᐅᑦᑕᓘᓐᓃᑦ ᐱᓯᓗᒋᐊᖃᑦᑕᕐᓗᑎᑦ.
ᐊᒃᓯᕈᓗᐊᓕᖅᓯᒪᓂᐅᔪᑦ ᐃᓄᓯᕐᒧᑦ
ᐃᓄᓯᕐᓂ ᓱᒃᔪᑕᐅᓯᒪᓕᖅᐸᖕᒪᑕ
ᐅᑦᑕᓘᓐᓃᑦ ᐃᓱᒫᓗᒍᑎᖃᓕᕈᑕᐅᑦᖕᒪᑕ.

ᓱᓇᐅᖕᒪᑦ ᐊᓪᓗᕐᕿᐊᖅ (ᐅᖅᓯᖅ)?

ᐊᓪᓗᕐᕿᐊᖅ (ᐅᖅᓯᖅ) ᑎᒥᐅᑉ ᓴᓇᑦᓕᐊᓲ-
ᓇᖕᒪᒍ. ᐊᓪᓗᕐᕿᐊᑦ ᐊᔾᔨᒌᖕᒋᑦᑐᒃ
ᒪᕐᕈᖕᒪᑎᒃ. ᐊᑕᐅᓯᖅ ᑕᐃᔭᐅᑉᓗᓂ
ᖁᓪᓚᓯᒃᑑᑉᓗᓂ ᑎᒥᒧᑦ ᐃᑲᔫᑎᐅᑉᓗᓂ

Source: The Kidney Foundation of Canada website:
http://www.kidney.ca/blood-p.htm

ᐱᖁᐅᑦ: ᑲᓇᒥ ᑕᖅᑐᓕᓇᑦ ᖃᓇᑕᐅᔭᑎᒍᑦ ᑐᕋᒋᖕᒍᑦ:
http://www.kidney.ca/blood-p.htm

ᐅᖅᓯᕐᒥᒃ (HDL) ᐊᒻᒪᓗ ᑕᐃᔭᐅᓚᒃᑭᑉᓗᓂ "ᐱᐅᑦᓯᐊᖅᑐᖅ" ᐅᖅᓯᕐᒥᒃ. ᐱᖃᑎᖓᓂ ᑕᐃᔭᐅᑉᓗᓂ ᐊᑦᓯᖕᓂᖅᓴᖅ ᑎᒥᒧᑦ ᐃᒃᓵᑎᐅᑉᓗᓂ ᐅᖅᓯᕐᒥᒃ (LDL) ᐊᒻᒪᓗ ᑕᐃᔭᐅᓚᒃᑭᑉᓗᓂ "ᐱᐅᓐᖏᑦᑐᖅ" ᐅᖅᓯᕐᒥᒃ.

ᑎᒥ "ᐱᐅᓐᖏᑦᑐᒥᒃ" ᐅᖅᓯᖃᓚᖅᓯᒪᔭᕐᖓᑦ ᐊᐅᖓᒍᑦ, ᐃᓚᖓ ᐅᖅᓯᑉ ᐊᑦᑕᑕᖅᓯᒪᓚᖅᑉᖓᒪᑦ ᑕᖅᑲᓂ. ᑕᐃᒪᓐᓗ ᑕᖃᐃᑦ ᓯᒥᒃᓯᒪᓚᑭᖕᓇᖅᓗᑎᒃ. ᓯᒥᒃᓯᒪᓚᖅᑎᓪᓗᒋᑦ, ᓄᑮᖅᑎᖅᑐᖃᑭᖕᓇᕐᓂᖓ ᐅᓐᖑᓗᓐᓃᑦ ᐆᒻᒪᓯᓇᔪᖕᓇᕐᓂᖓ ᐃᓄᑉ ᖁᒡᓐᓯᖕᓂᖅᓴᐅᓚᑭᖕᓇᕐᒪᑦ. ᓄᑮᖅᑎᑐᖃᓲᖕᒍᖕᒪᑦ ᐊᐅᒃ ᖃᓇᑕᕐᒧᑦ ᑎᑭᑦᓯᖕᓇᐃᓚᓯᒪᑎᓪᓗᒍ ᐅᓐᖑᓗᓐᓃᑦ ᑕᖃᐃᑦ ᖃᓇᑕᕐᒥ ᖃᕋᖕᒪᑕ. ᖃᓇᑕᐅᑉᓗ ᐃᓚᖓ "ᑐᖁᓲᖕᒍᑉᓗᓂ". ᐆᒻᒪᓯᓇᔪᖃᖅᑉᖓᒪᓪᓚ ᐊᐅᒃ ᑎᑭᑦᓯᖕᓇᐃᓚᓯᒪᑎᓪᓗᒍ ᐆᒻᒪᑎᒧᑦ.

"ᐱᐅᑦᓯᐊᖅᑐᖅ" ᐅᖅᓯᖅ ᑎᒥᒥᒃ ᐃᒃᓵᓲᖕᒍᖕᒪᑦ "ᐱᐅᓐᖏᑦᑐᒥᒃ" ᐅᖅᓯᕐᒥᒃ ᐊᖅᑎᓇᓚᓪᓚᐊᑎᓪᓗᒍ ᑕᖃᓂᑦ. ᓈᒻᒪᑦᓯᐊᖅᐳᖅ ᑎᒥ "ᐱᐅᑦᓯᐊᖅᑐᓂᒃ" ᐅᖅᓯᖃᕐᓂᖓ ᖁᒡᓐᓯᖕᓂᖅᓴᐅᒃᐸᑦ "ᐱᐅᓐᖏᑦᑐᓂᒃ" ᐅᖅᓯᖃᕐᓂᖓᓂᑦ.

ᒪᕿᐃᖕᓂᒃ ᐊᔾᔨᒌᓐᖏᑦᑐᓂᒃ ᐅᖅᓯᓂᒃ ᓂᕿᖃᓲᖕᒍᖓᑉᑕ. ᐊᑕᐅᓯᖅ ᐅᖅᓯᖅ ᑕᐃᔭᐅᓚᒃᐳᖅ ᑭᓂᖅᑎᓯᒪᑉᓗᓂ ᐅᖅᓯᕐᒥᒃ ᐊᒻᒪᓗ ᐱᖃᑎᖓ ᑭᓂᖅᑎᓯᒪᓐᖏᑦᑐᖅ ᐅᖅᓯᕐᒥᒃ. ᑭᓂᖅᑎᓯᒪᔪᑦ ᐅᖅᓯᐃᑦ ᖁᒡᓐᓯᖅᓯᒋᐊᖅᑎᑦᓯᓯᒪᓲᖕᒍᖕᒪᑕ ᐊᐅᑉ ᐅᖅᓯᐊᑕ ᖁᑦᓯᖕᓂᓇᔭᖓᓂᒃ ᑎᒥᒥ. ᑭᓂᖅᑎᓯᒪᔪᑦ ᐅᖅᓯᐃᑦ ᓴᓇᐅᒐᓇᔭᐅᓯᒪᓲᖕᒍᖕᒍᐳᑦ ᐳᓐᓂᖅᑎᑐᑦ ᐊᒻᒧᔭᖅᑐᑎᑐᓪᓗ. ᑭᓂᖅᑎᓯᒪᓐᖏᑦᑐᑦ ᐅᖅᓯᐃᑦ ᒥᒃᓵᒋᐊᖅᑎᑦᓯᓯᒪᓲᖕᒍᖕᒪᑕ ᐅᖅᓯᖃᕐᓂᐅᔪᑦ ᖁᑦᓯᖕᓂᓇᔭᖕᒋᓂᒃ ᑎᒥᒥ. ᑭᓂᖅᑎᓯᒪᓐᖏᑦᑐᑦ ᐅᖅᓯᐃᑦ ᓴᓇᐅᒐᓚᐊᖕᒍᓲᖕᒍᖕᒪᑕ ᑯᕕᔪᖕᓇᖅᑐᓕᖅᑐᓂᒃ ᐊᑕᐅᓯᒪᑉᓗᑎᒃ ᐱᑭᖅᑐᓂᑦ, ᐃᖃᓗᖕᓂᑦ, ᐅᓐᖑᓗᓐᓃᑦ ᓇᑦᓯᐅᑉ ᐅᖅᓯᐊᓂᑦ.

ᐃᓗᐊᖅᓴᐅᑎᑕᖃᖅᐳᖅ ᐊᔾᔨᒌᓐᖏᑦᑐᓂᒃ ᐅᖅᓯᖃᓗᐊᓚᖅᓯᒪᓂᕐᒧᑦ ᒥᒃᓵᒋᐊᕈᑕᐅᔪᖕᓇᖅᑐᓂᒃ. ᑭᓯᐊᓂᓗ ᑕᐃᒪᓐᓇᐃᑦᑐᖅ-

activity regularly. Relax a bit more. You can work on reducing stress in your life by laughing or taking a short walk. Stresses are the demands in your life that can cause tension or worry.

What is cholesterol?

Cholesterol is a soft waxy substance made by the body. The body needs cholesterol. There are two kinds of cholesterol. One is called high density lipoprotein (HDL) cholesterol and it is sometimes called the "good" cholesterol. The other is called low density lipoprotein (LDL) cholesterol and it is sometimes called the "bad" cholesterol.

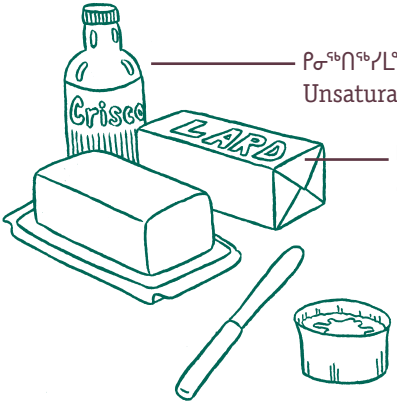
When the body has too much "bad" cholesterol in the blood, some of it will stick to the inside wall of the blood vessels. It can cause the blood vessels to be blocked. When this happens, the possibility of a stroke or heart attack is higher. Stroke happens when the blood cannot reach part of the brain or the blood vessels in the brain break. It causes the "death" of brain tissue. Heart attack happens when the blood cannot reach the heart.

The "good" cholesterol helps the body carry away the "bad" cholesterol from the walls of the blood vessels. It is good for the body to have higher "good" cholesterol than "bad" cholesterol.

There are two different kinds of fat that we eat. One is called saturated

ᑕᖃᕋᓗᐊᖅᑎᓪᓗᒍ ᐊᐅᖕᒥ ᐅᖅᓯᖃᓗᐊᓕᖅᓯᒪᓂᐅᔪᒥᒃ ᒥᒃᓵᒋᐊᖅᑎᑦᓯᔪᖕᓇᖅᐳᑎᑦ ᐃᓅᓯᓇᔭᐃᑦ ᐊᓯᔾᔨᓇᐊᖅᓯᒪᓕᕈᖕᓂ. ᓂᕿᖃᖃᑦᑕᕐᓂᖅᓴᐅᓕᕐᓗᑎᑦ ᐅᖅᓯᖃᓗᐊᓐᖕᒋᑦᑐᓂᒃ ᐊᒻᒪᓗ ᓂᕿᒃᓴᑦᓯᐊᕙᐅᓂᖅᓴᖅᑐᓂᒃ. ᓂᕿᒃᓴᑦᓯᐊᕙᐃᑦ ᓂᕿᒋᔭᐅᔪᖕᓇᖅᑐᑦ ᒪᑯᓂᖕᒐ ᐃᓚᖃᖅᐳᑦ; ᐸᓚᐅᒐᒃᓴᐃᑦ ᐃᓚᓐᖕᒐᖅᑕᐅᓯᒪᓐᖕᒋᑦᑐᑦ, ᐊᓗᒐᒃᓴᐃᑦ, ᐊᒻᒪᓗ ᐸᐅᖕᒐᐃᑦ.

fat and the other is called unsaturated fat. Saturated fats raise the blood cholesterol levels in the body. Saturated fats are usually solid such as lard and butter. Unsaturated fats lower the blood cholesterol levels in the body. Unsaturated fats are usually liquid such as vegetable, fish, or seal oil.



ᑭᓂᖅᑎᖅᓯᒪᓐᖕᒋᑦᑐᑦ ᐅᖅᓯᐃᑦ
Unsaturated Fat

ᑭᓂᖅᑎᖅᓯᒪᔪᑦ ᐅᖅᓯᐃᑦ
Saturated Fat

ᑕᑭᔫᓂᓇᔭᐃᑦ ᒪᓕᑦᓯᐊᕐᓗᒍ ᐅᕐᑯᒪᐃᓐᓂᖃᕋᓯᐊᕐᓗᑎᑦ. ᐱᖃᐃᓕᓴᖃᑦᑕᕐᓗᑎᑦ ᐊᒻᒪᓗ ᐊᓯᐊᒍᑦ ᐱᖃᐃᓕᓴᓂᖃᖃᑦᑕᑉᓗᑎᑦ.

ᓱᓇᐅᖕᒪᑦ ᑎᒥᒃᑯᑦ ᓱᖃᖃᓗᐊᓕᖅᓯᒪᓂᖅ?

ᑎᒥᒥᒃᑎᒍᑦ ᓱᖃᖃᓗᐊᓕᖅᐸᖕᒪᑕ ᐃᓄᐃᑦ ᑎᒥᖕᒐ ᓱᖃᖃᓂᕐᒥᓂᒃ ᐊᔪᕈᑎᖃᓕᖅᓯᒪᓗᑎᑦᓗᒍ. ᓱᖃᐃᑦ ᐆᒻᒪᕐᑯᑎᒋᔭᐅᓲᖕᒍᖕᒪᑕ ᑎᒥᒍᑦ. ᓱᖃᐃᑦ ᐊᒥᓱᓂ ᓂᕿᒃᓴᓃᓲᖕᒍᖕᒍᐳᑦ, ᓱᖃᖃᐅᑎᒥᑐᐃᓐᓇᐅᓐᖕᒋᑦᑐᖅ. ᓱᖃᖃᓗᐊᔭᔭᐃᑯᑎᑦ ᑎᒥᒍᑦ ᑎᒥᒥᒃ ᐃᒃᓚᕈᑕᐅᓲᖕᒍᖕᒍᐳᑦ ᓱᖃᖃᖅᑐᒥᒃ ᓂᕿᖃᖃᑦᑕᕐᓂᕐᒧᑦ ᐊᑐᕈᖕᓇᐅᑎᒋᔭᖕᒐᓂᒃ ᐊᒻᒪᓗ ᐆᒻᒪᕐᑯᑎᒃᓴᓕᐊᖕᒍᓕᖅᐸᒃᓗᓂ ᑎᒥᐸᑎᖕᓂ. ᓱᖃᖃᓗᐊᔭᔭᐃᒃᑯᑎᑦ ᑎᒥᐅᑉ ᐊᐅᓚᔭᐃᔾᔨᒃᓴᓕᐊᓇᓲᓇᖕᒪᒍ ᕿᑦᓴᓕᒃᒥᑦ. ᑎᒥᑦ ᐊᐅᓚᔭᐃᔾᔨᒃᓴᖃᓕᖅᐸᓪᓕᐊᓲᖕᒍᖕᒍᐳᒍᑦ

There is medication to lower cholesterol levels. But the best way to lower blood cholesterol levels is to change your way of living. Eat foods that have less fat and have more fibre. Fibre is in foods such as whole wheat flour, oatmeal, and berries. Keep your weight in a normal range for your height. Exercise and do physical activity regularly.

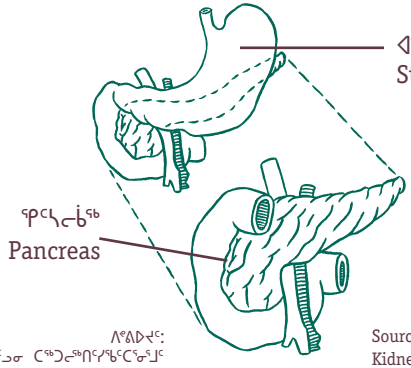
What is diabetes?

Diabetes is when the body cannot handle sugar the way it is supposed to. Sugar is the basic unit of fuel for the body. Sugar is found in

ᑎᒥᑉᑎᖓᓂ ᐊᐅᓚᑦᓯᔪᑎᐅᑯᒃᑐᓂᒃ ᑎᒥᐅᑉ ᐃᔭᒋᑯᐅᔭᓄᑦ ᐊᒻᒪᓗ ᑎᒥᐅᑉ ᖃᓄᐃᓕᐅᖅᐸᓪᓕᐊᓂᕆᑯᒃᑕᖏᓄᑦ.

many foods, not just the sugar bowl. Insulin helps the body to use the sugar from the food we eat and change it into energy. Insulin is a hormone made by the pancreas in the body. Hormones are naturally occurring chemicals in the body that control the body's cells and functions.

ᒪᕿᐃᖑᔫᖓᒪᑎᒃ ᑎᒥᒃᑯᑦ ᓱᒃᑲᓗᐊᓕᖅᓯᒪᓂᐅᑯᒃᑐᒃ. ᓯᕗᓪᓕᖅ 1 ᑎᒥᒃᑯᑦ ᓱᒃᑲᓗᐊᓕᖅᓯᒪᓂᐅᑯᒃᑐᖅ ᐃᒪᓐᓇᐃᓕᖓᓐᖓᒪᑦ; ᑎᒥ ᓱᒃᑲᓗᐊᔭᔭᐃᒃᑯᑎᓕᐅᖅᑕᑦᑕᖅᖓ ᒥᑭᓗᐊᓕᖅᓯᒪᒃᐸᑦ ᐅᑯᓐᓂᓐᓂᑦ ᓱᒃᑲᓗᐊᔭᔭᐃᑯᑎᓕᐅᖅᑕᓐᖏᓕᖅᐸᑦ. ᑕᖅᒃᑯᑦ ᑲᐳᒻᑎᒧᑦ ᓱᒃᑲᓗᐊᔭᔭᐃᒃᑯᑎ-



ᐱᓐᕕᐅᔪᑦ:
ᐊᓯᐊᓂᒃ ᐱᓚᒃᑕᐅᑉᓗᓂ ᑕᖅᑐᓕᖅᑎᑦᓯᖃᑦᑕᖅᓗᒧᑦ ᐱᓕᓇᐊᖅ, ᑲᓕᕝᓂᐊᑉ ᓱᕿᓂᖅᐸᓯᐊᓂ ᓱᓚᑐᖅᓴᕕᒃᑯᑦ ᐱᓚᒃᑐᐃᖃᑦᑕᖅᓂᓕᓇᕝᕿᑎᑦ ᖃᓇᑕᐅᔭᑎᒧᑦ ᑐᕿᑎᖓᑦ: http://www.kidneytransplant.org/pancreastransplant.html

Source:
Kidney Transplant Program, University of Southern California Department of Surgery http://www.kidneytransplant.org/pancreastransplant.html

ᓕᖅᑐᖃᑦᑕᕐᓂᕐᒧᑦ ᐋᖅᑭᒋᐊᕿᑕᐅᔪᖕᓇᖅᑐᖅ. ᑐᒡᓕᐊᓕ 2 ᑎᒥᒃᑯᑦ ᓱᒃᑲᓗᐊᓕᖅᓯᒪᓂᐅᑯᒃᑐᖅ ᐃᒪᓐᓇᐃᓕᖓᓐᖓᒪᑦ; ᑎᒥ ᓱᒃᑲᓗᐊᔭᔭᐃᒃᑯᑎᖅᑕᕐᓗᐊᕐᓗᓂ ᐊᔪᓕᖅᓯᒪᔭᔪᑎᖃᓕᖅᓯᒪᒃᐸᑦ. ᑕᐃᒪᓕ ᓂᕿᖃᖃᑦᑕᕐᓂᒃᑯᑦ ᑭᓯᐊᓂ ᐋᖅᑭᐅᒪᑎᑕᐅᔪᖕᓇᖅᓗᓂ, ᑭᓯᐊᓂᓗ ᐃᔭᒐᑎᒧᑦ ᐅᕝᕙᓘᓐᓃᑦ ᑲᐳᑎᒧᑦ ᐋᖅᑭᒋᐊᖅᑕᐅᓯᒪᓕᕈᖕᓇᕐᒥᔪᖅ.

There are two types of diabetes. Type 1 diabetes is when the body produces little or no insulin. It is always treated with insulin shots. Type 2 diabetes is when the body has some insulin but it doesn't work properly. It may be treated only with diet, but may also be treated with pills or insulin shots.

ᑎᒥᒃᑯᑦ ᓱᒃᑲᓗᐊᓕᖅᓯᒪᓂᖅ ᑕᖃᓄᑦ ᖃᓄᐃᓕᖓᓕᖅᑎᑦᓯᓯᒪᔪᖕᓇᓇᕗᖅ. ᐊᕐᓇᐃᑦ ᑎᒥᒥᒃᑯᑦ ᓱᒃᑲᓗᐊᓕᖅᓯᒪᔪᑦ ᐊᐅᖏᑦ ᖁᓪᓕᖅᓯᓯᒪᓗᐊᓕᕈᖕᓇᖅᐸᖓᒪᑕ ᐊᒻᒪᓗ ᐅᖅᓱᖃᕐᓂᖏᑦ ᖁᓪᓕᖅᓯᓯᒪᓗᐊᓕᕈᖕᓇᖅᓗᑎᒃ. 80%ᖏᑦ (ᓲᕐᓗ ᖁᓕᐅᒃᐸᑕ 8ᑦᓗᐊᖏᑦ) ᑎᒥᒥᒃᑎᒧᑦ ᓱᒃᑲᓗᐊᓕᖅᓯᒪᔪᑦ ᑐᖁᔪᑎᖃᓲᖕᒍᖕᒪᑕ ᐆᒻᒪᑎᒥᒃᑎᒧᑦ ᐅᕝᕙᓘᓐᓃᑦ ᑕᖃᒥᒃᑎᒧᑦ ᐊᕐᓂᐊᕐᓇᖃᓕᖅᓯᒪᓂᕐᒥᖕᓂᑦ.

Diabetes can hurt blood vessels. Women with diabetes have a higher possibility of having high blood pressure and high cholesterol. More than 8 out of 10 people with diabetes die from some type of heart or blood vessel disease.

ᑐᓴᒃᓴᕋᑎᓂᒃ ᐱᕝᕕᐅᔪᖕᓇᖅᑐᑦ

ᓄᓇᓕᒋᔭᑉᓯᖕᓂ ᐋᓐᓂᐊᕐᕕᖕᒥ ᐃᖅᑲᓇᐃᔭᖅᑎᐅᔪᑦ ᑐᒃᓯᕋᕐᕕᒋᓗᒋᑦ ᑐᓴᒃᓴᓕᐊᖕᒍᓯᒪᔪᓂᒃ ᖃᓄᖅ ᐆᒪᒐᑦ ᒥᐊᓂᓇᑦᓯᐊᕐᓯᐊᕈᖕᓇᕐᒪᖔᕐᓃ.

ᐊᓯᖕᒋᑦᑕᐅᖅ ᑐᓴᒃᓴᕋᑎᑖᕐᕕᐅᔪᖕᓇᓇᕗᑦ ᐅᑯᐊ:

ᐆᒪᒐᓕᓇᔨᑦ ᐊᒻᒪᓗ ᓄᑮᖅᑎᖅᑐᓕᓇᔨᑦ ᑲᓇᑕᒥ
www.heartandstroke.ca

ᓄᓇᖃᖅᑳᖅᓯᒪᔪᐃᑦ ᓂᕿᑦᓯᐊᕐᔪᓕᓇᔨᖕᒋᑦ ᐊᒻᒪᓗ ᐊᕐᑎᓕᓇᔨᖕᒋᑦ
www.cine.mcgill.ca

ᑲᓇᑕᒥᐅᑦ ᐆᒪᒐᓕᓇᔨᑦ ᑲᑐᔾᔨᖃᑎᒌᖕᒋᑦ
www.ccs.ca

ᑲᓇᑕᒥ ᓂᓇᔭᒃᓴᓕᓇᔨᕐᔪᐊᑦ
www.dietitians.ca

ᑎᑎᕐᕕᒃᓴᕋᑎᒃᑲ ᖃᓄᐃᓕᐅᓕᕈᖕᓇᓇᐊᒃᓴᓂᒃ ᐋᓐᓂᐊᖃᓕᖅᑕᐃᓕᒪᕐᓯᐊᕈᑎᒋᓂᐊᕐᓗᒋᑦ

- ᑐᓴᐅᒪᓕᑦᓯᐊᓇᐊᕐᓗᑎᑦ; ᓇᔭᓐᖑᐊᖅ ᐃᓗᐊᖅᓴᐃᔨᓐᓂᑦ ᐊᐱᖅᓯᕐᓗᒍ ᐋᓐᓂᐊᖃᓕᖅᑕᐃᓕᒪᔪᑎᒃᓴᓇ-ᔪᖕᓇᖅᑕᕐᓄᑦ
- ᐱᖃᐃᓕᓴᓇᐊᖃᑦᑕᕐᓗᑎᑦ ᐊᓯᐊᒍᓪᓗᓐᓂᑦ ᐱᖃᐃᓕᓴᖃᑦᑕᕐᓗᑎᑦ ᓴᐅᓂᕐᓄᑦ ᓴᓐᖕᒋᒃᑎᒋᐊᕈᑕᐅᓇᔭᖅᑐᓂᒃ
- ᓯᓴᓛᖅᑐᓲᖕᒍᓐᖕᒋᓐᓂᕈᕕᑦ, ᓯᓴᓛᖅᑐᖃᑦᑕᓐᖕᒋᓪᓗᑎᑦ
- ᓯᓴᓛᖅᑐᓲᖕᒍᒍᕕᑦ, ᓄᖅᑲᐅᔾᔨᓇᓯ-ᐊᕈᑎᒃᓴᕐᓂᒃ ᐃᑲᔪᖅᑕᐅᔪᒪᓗᑎᑦ
- ᐃᒥᐊᓗᖃᑦᑕᕐᓃᑦ ᒥᒃᓵᒋᐊᖅᑎᓪᓗᒍ
- ᓂᕿᑦᓯᐊᕐᔪᖕᓂᒃ ᓂᕿᖃᖃᑦᑕᕐᓗᑎᑦ ᓲᕐᓗ ᐃᓄᐃᑦ ᓂᕿᒋᔪᒃᑕᖕᒋᖕᓂᒃ ᐊᒻᒪᓗ ᐱᕈᖅᑐᓂᒃ

Information Resources

Ask the local health center/nursing station for more information on how to keep your heart healthy.

Other good sources of information are:

Heart and Stroke Foundation of Canada
www.heartandstroke.ca

Centre for Indigenous Peoples' Nutrition and Environment
www.cine.mcgill.ca

Canadian Cardiovascular Society
www.ccs.ca

Dietitians of Canada
www.dietitians.ca

Checklist of Actions I can take to look after my Health

- ❒ Become informed; ask your nurse or doctor questions about your health
- ❒ Exercise or do physical activity regularly
- ❒ If you don't smoke, don't start
- ❒ If you smoke, ask for help to quit
- ❒ Reduce alcohol use to a minimal amount
- ❒ Eat healthy foods such as country food and vegetables
- ❒ Cut down on fats and salt
- ❒ Have blood pressure levels measured regularly

- ᐅᖅᓯᖃᖅᑐᓂᒃ ᐊᒻᒪᓗ ᑕᕆᐅᖃᖅᑐᓂᒃ ᓂᕿᖃᖃᑦᑕᕐᓂᑎᑦ ᒥᒃᓱᒋᐊᖅᑎᓪᓗᒋᑦ
- ᐊᐅᔪᐱᑦ ᓲᖕᒍᔾᔭᕐᓂᖓ ᖃᐅᔨᓴᖅᑕᐅᑎᖃᑦᑕᕐᓗᒍ
- ᐊᐅᔪᐱᑦ ᐅᖅᓯᖃᕐᓂᖓᑕ ᕐᑯᒡᓕᓯᒃᓯᓯᒪᓂᖓ ᖃᐅᔨᓴᖅᑕᐅᑎᖃᑦᑕᕐᓗᒍ
- ᐊᐅᔪᐱᑦ ᓱᖃᕐᓂᖓᑕ ᕐᑯᒡᓕᓯᒃᓯᓯᒪᓂᖓ ᖃᐅᔨᓴᖅᑕᐅᑎᓪᓗᒍ ᐃᓚᖃᕈᕕᑦ ᑎᒥᒥᒃᑎᒍᑦ ᓱᖃᖃᓗᐊᓚᖅᓯᒪᔪᒥᒃ
- ᐊᐅᒃᑯᑦ ᓱᖃᖃᓗᐊᕈᕕᑦ ᖃᐅᔨᓴᕐᓯᐊᖃᑦᑕᕆᑦ ᐃᓚᖕᓂ ᑲᒪᕐᓯᐊᕐᓗᑎᑦ
- ᐅᕐᑯᒪᐃᓐᓂᓇᔭᐃᑦ ᑕᑭᔫᓂᕐᓄᑦ ᓈᒻᒪᑦᓯᐊᖅᑎᓕᓇᐊᕐᓗᒍ
- ᐃᓅᓯᕐᓂ ᐊᒃᓯᕈᓕᖅᓯᒪᓂᓇᔭᐃᑦ ᒥᒃᓱᒋᐊᖅᑎᖃᑦᑕᕐᓗᒍ ᐃᒡᓚᒪᔭᖃᑦᑕᕐᓗᑎᑦ ᐅᑭᒋᓗᓐᓂᑦ ᐱᓱᓗᒋᐊᖃᑦᑕᕐᓗᑎᑦ

ᑎᑎᕐᕕᒃᓴᕐᑯᑎᒃᑲ ᖃᓄᐃᓕᐅᓕᕈᖕᓇᕐᓂᒻᓄᑦ ᐃᓚᒋᔭᒃᑲ ᐋᓐᓂᐊᕐᓇᖃᓕᕐᑯᓇᒋᑦ

- ᑐᓴᐅᒪᓕᖅᐸᒋᔭᕆᐊᕐᓗᑎᑦ; ᓇᔭᓐᖓᐊᖅ ᐃᓗᐊᖅᓴᐃᔨᓗᓐᓂᑦ ᐊᐱᖅᓱᕐᓗᒍ ᐃᓚᒋᔭᖅᐱᑦ ᐋᓐᓂᐊᕐᓇᖃᓕᖅᑕᐃᓕᒪᔾᔪᑎᒃᓴᖏᓄᑦ
- ᓂᕿᑦᓯᐊᕈᖕᓂᒃ ᓂᓇᓐᓇᐅᑉ ᐊᑯᓐᖕᒋᓂ ᓂᓇᔭᒃᓴᖃᖅᑎᑦᓯᕈᖕᒃᐅᓗᑎᑦ ᐅᕈᒍᒋᔭᕐᓂ ᓲᕐᓗ ᓂᑉᑯᓂᒃ ᐊᒻᒪᓗ ᒪᒪᖅᑐᓂᒃ ᐱᒋᖅᑐᓂᒃ
- ᐃᓚᒋᔭᑎᑦ ᐱᖃᐃᓕᓴᖃᑦᑕᓕᕐᑯᓗᒋᑦ ᐊᓯᐊᒍᓪᓗ ᐱᖃᐃᓕᓴᖃᑦᑕᕐᑯᓗᒋᑦ ᓲᕐᓗ ᓄᓇᒦᑦᓴᖅᑐᖅᓯᒪᕝᕙᒃᓗᑎᒃ, ᓯᑐᕋᐅᔭᕆᐊᖃᑦᑕᕐᓗᑎᒃ ᐊᒻᒪᓗ ᐊᒻᒧᒪᔪᖅᓯᐅᕆᐊᖃᑦᑕᕐᑯᓗᒋᑦ
- ᐃᓚᒋᔭᑎᑦ ᓯᒡᒐᓖᖅᑐᖃᑦᑕᓕᕐᑯᕐᓗᒋᑦ
- ᐃᓚᒋᔭᑎᑦ ᓂᕿᖃᖃᑦᑕᓕᕐᑯᓗᒋᑦ ᓂᕿᑦᓯᐊᕈᖕᓂᒃ
- ᐃᓚᒋᔭᑎᑦ ᓯᒡᒐᓖᖅᑐᖃᑦᑕᕐᓂᕐᒥᖕᓂᒃ ᓄᖅᑲᐅᔾᔨᓯᒪᓕᕈᒪᔪᑦ ᐃᑲᔪᕋᓯᑦᓯᐊᖃᑦᑕᕐᓗᒋᑦ

- Have blood cholesterol levels checked regularly
- Have blood sugar levels checked if you have a family history of diabetes
- Control diabetes if you have it
- Keep a healthy body weight for you
- Work on reducing stress by laughing or taking a walk

Checklist of Actions I can take to look after my Family's Health

- Become informed; ask your nurse or doctor about your family's health
- Have healthy snacks available in the house such as dried meat and fresh fruit
- Encourage family members to exercise or do physical activity regularly such as camping, sliding and clam digging
- Encourage family members not to smoke
- Encourage family members to eat healthy foods
- Help family members who wish to give up their smoking